



:more programme

Keep going programme :more

Keep enjoying life much more

Not to worry any more

Let the more tree grow

Communicate :more

Good and effective communication is a key element in any difficult or unusual situation. But communication at these times is more difficult as people are more stressed and therefore do not communicate well. The big challenge is to keep the stress to a minimum and to maintain a high level of good, friendly, productive communication. As people cannot meet now, we need to find different ways to communicate.

Showing solidarity

There are now 2 ways to show solidarity and gratitude to those who still work and also to thank them that we can be safe at home. Everybody who is in healthcare is having a really difficult time. The same applies for police, fire brigades, shop assistants and many others...

1. Every evening you can open the window and clap as a sign of thanks!
#PodekujmePotleskem. Facebooková událost ZDE. See [Madrid](#)
2. Create a yellow flag and write on it in red (These are colors of ambulance)
Thank you all who work in healthcare and .../Děkujeme všem zdravotníkům a...
...and add another group which you think needs to be thanked for.

3. Share these initiatives with others on social media

Writing letters

Everybody is now at their screens and this is quite strenuous. Take a piece of paper and a pen and write a letter to anybody you are thinking of. If you cannot post it, it does not matter, you can send it later when it becomes possible. Our grandparents will especially appreciate that.

You can also write a nice letter to members of your family you live with - or a nice card - a Thank you message on the screen or on a mobile phone. You can also make your own envelope, decorate it, you can decorate the paper you are writing on... Many creative things can be done with a proper letter!